



STRESS MANAGEMENT



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

Face Your Stress Head On!

The time to relax is when you don't have time for it. Every day we encounter stress. A certain amount of stress is normal and necessary, but too much can impact our health and well-being. Our goal should not be to eliminate stress but to learn how to manage it for our benefit.

Access your program to discover ways to manage your stress at home, at work or in any situation.

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